

# Education catalogue

Being Education

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THIS COVER SHEET

“

In the modern world, life is so often a battleground that many people feel ill-equipped to tackle. Many of the greatest lessons that we learn in life come the hard way, through failure, through risk, through never giving up. If BecomingX Education can help young people learn these lessons, about endeavour, about courage, kindness and tenacity, then we are doing something we can all be proud of. We want to demystify success and help young people be fully equipped to succeed. After all, life isn't just some giant competition, it's a journey of discovery and is meant to be lived with hope, aspiration and wonder.

”

*Bear*

Bear Grylls OBE

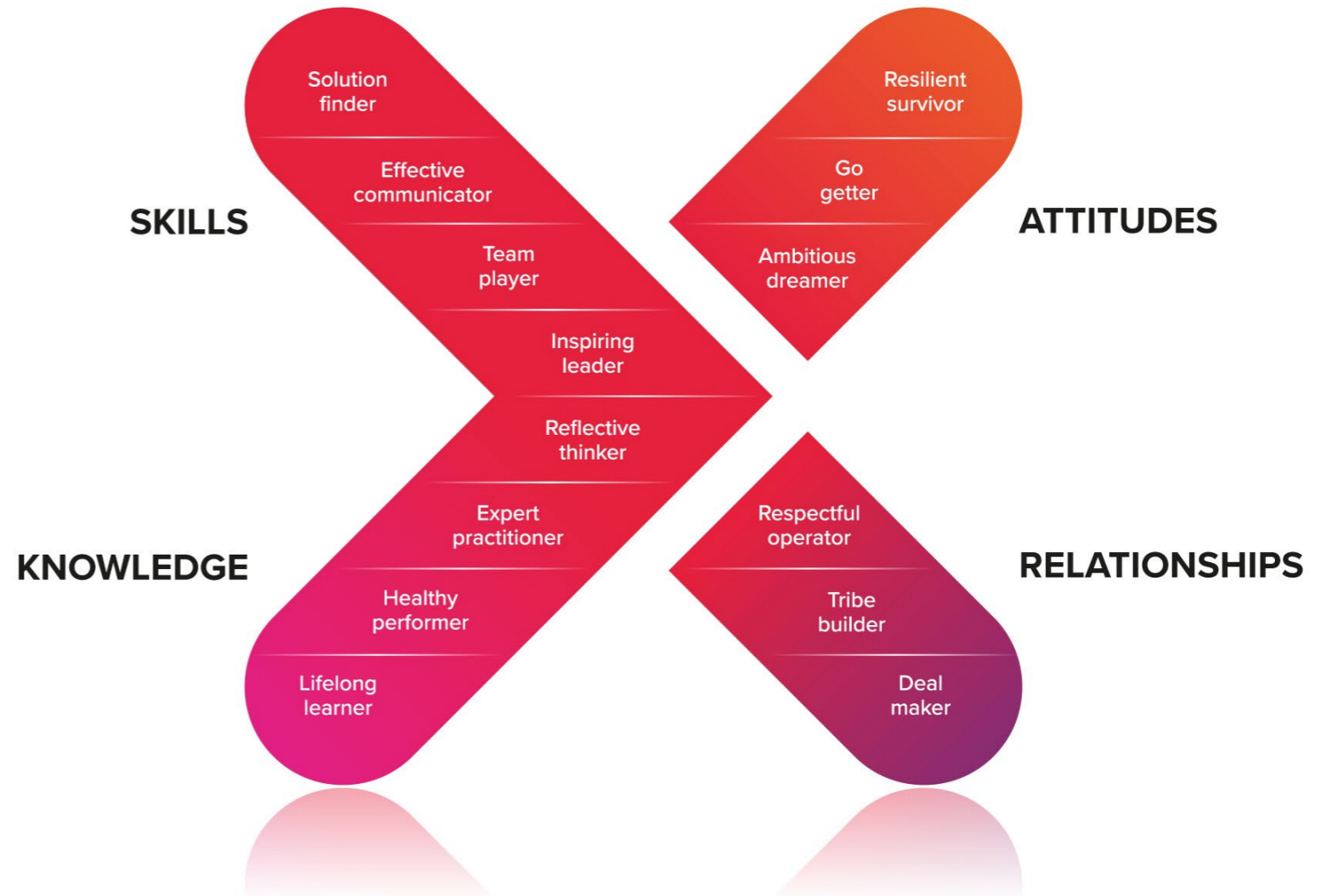


# The X-model

BecomingX Education provides a library of lessons, assemblies and discussions to help educators deliver world-class personal development experiences. Our content focuses on equipping young people with the skills, knowledge, attitudes and relationships needed to succeed. Combining deep subject expertise, first-hand research and the latest pedagogy and neuroscience, we aim to help educators to engage students from the outset. All of our lessons are presented by Bear Grylls, feature filmed insights from some of the world's most inspiring and iconic people and provide practical real-world activities.

Our education library is based on the 'X model', our evidence-based framework which identifies the personal attributes we typically see in high performers. The X model is the foundation of all of our education content and provides a consistent and evidence-based approach to learning, with age-specific lessons for each element.

We designed BecomingX Education to be as flexible as possible. Our lessons have no prerequisites, allowing educators to teach whatever will be of greatest benefit to their students. With slides, lesson plans and resources ready to go, they can focus on what really matters. Helping their students to realise their potential.



# Contents Primary

## Introduction

Lessons from legends (Lesson)	8
Realising your potential (Assembly)	8

## Lessons

<b>Skills   Solution finder</b>	<b>10</b>
Y4 Thinking creatively	10
Y5 Finding root causes	10
Y6 Making good decisions	10

<b>Skills   Effective communicator</b>	<b>10</b>
Y4 The importance of listening	10
Y5 Silent messaging	10
Y6 Presenting confidently	10

<b>Skills   Team player</b>	<b>11</b>
Y4 Winning together	11
Y5 Harnessing strengths	11
Y6 The world's best teams	11

<b>Skills   Inspiring leader</b>	<b>11</b>
Y4 Inspiring leaders	11
Y5 Leading by doing	11
Y6 Motivating others	11

<b>Knowledge   Lifelong learner</b>	<b>12</b>
Y4 Learning about learning	12
Y5 Making memories	12
Y6 Learning for life	12

<b>Knowledge   Healthy performer</b>	<b>12</b>
Y4 Fuel for life	12
Y5 The power of sleep	12
Y6 Supporting your mental health	12

<b>Knowledge   Expert practitioner</b>	<b>13</b>
Y4 Becoming better	13
Y5 Reflecting on your performance	13
Y6 Practice makes expert	13

<b>Knowledge   Reflective thinker</b>	<b>13</b>
Y4 The important things in life	13
Y5 Looking forwards and backwards	13
Y6 Establishing boundaries	13

<b>Attitudes   Ambitious dreamer</b>	<b>14</b>
Y4 Aiming high	14
Y5 Believing in yourself	14
Y6 Creating ambitious dreams	14

<b>Attitudes - Go-getter</b>	<b>14</b>
Y4 The effort muscle	14
Y5 Courage counts	14
Y6 Planning for success	14

<b>Attitudes   Resilient survivor</b>	<b>15</b>
Y4 Learning from failure	15
Y5 Building grit	15
Y6 The positive self	15

<b>Relationships   Respectful operator</b>	<b>15</b>
Y4 Why kindness matters	15
Y5 The gifts of gratitude	15
Y6 Staying calm under pressure	15

<b>Relationships   Tribe builder</b>	<b>16</b>
Y4 Celebrating differences	16
Y5 Friends for life	16
Y6 Making meaningful connections	16

<b>Relationships   Deal maker</b>	<b>16</b>
Y4 What's the deal	16
Y5 Everyone benefits	16
Y6 Closing the deal	16

## Assemblies

Learning from mistakes	17
Extraordinary effort	17
Mental health matters	17
A balancing act	17
Overcoming conflict	17
Reflecting on challenges	18
Bias beware	18
Aiming to improve	18
Turning mistakes into magic	18
What success means	18
Learning forever	18

## Discussions

Truth	19
Worries	19
Frustration	19
Emotional Intelligence	19
Courage	19
Adventures	19
Challenges	20
Values	20
Ambitions	20
Recovering	20
Diversity	20
Expectations	20

## Appendix

Interviewees	41
--------------	----

# Contents Secondary

## Introduction

Lessons from legends (Lesson)	22
Realising your potential (Assembly)	22

## Lessons

<b>Skills   Solution finder</b>	<b>23</b>
Y7 Creating winning ideas	23
Y8 Understanding root causes	23
Y9 Evaluating potential solutions	23
Y10 Problem solving under pressure	23
Y11 Design thinking and creativity	23
Y12 Structured problem solving	23
Y13 Solving the world's biggest problems	23
<b>Skills   Effective communicator</b>	<b>24</b>
Y7 Listening to understand	24
Y8 Communicating what counts	24
Y9 The art of storytelling	24
Y10 Speaking with impact	24
Y11 The sound of silence	24
Y12 The power of persuasion	24
Y13 Presenting winning ideas	24
<b>Skills   Team player</b>	<b>25</b>
Y7 Strength in numbers	25
Y8 Attributes of world class teams	25
Y9 Knowing your strengths	25
Y10 Inclusive teams	25
Y11 Teamwork in the extremes	25
Y12 Creating a winning team culture	25
Y13 Understanding team dynamics	25

<b>Skills   Inspiring leader</b>	<b>26</b>
Y7 Leaders in life	26
Y8 Leading by example	26
Y9 Empowering others	26
Y10 Making difficult decisions	26
Y11 Inspiring others	26
Y12 Authentic leadership	26
Y13 Taking an untravelled path	26
<b>Knowledge   Lifelong learner</b>	<b>27</b>
Y7 Knowledge is power	27
Y8 Mastering memory	27
Y9 The case for curiosity	27
Y10 Learning how to learn	27
Y11 Climbing the mountain	27
Y12 Habits of effective learners	27
Y13 Learning strategies	27
<b>Knowledge   Healthy performer</b>	<b>28</b>
Y7 Your powerful body	28
Y8 Managing your mental health	28
Y9 Eating like a champion	28
Y10 The science of sleep	28
Y11 First aid fundamentals	28
Y12 The powerful mind	28
Y13 Living healthily	28

<b>Knowledge   Expert practitioner</b>	<b>29</b>
Y7 The origins of excellence	29
Y8 Timelines of success	29
Y9 The pursuit of perfection	29
Y10 Practical lessons for high performance	29
Y11 The path to mastery	29
Y12 Analysing your performance	29
Y13 Practising like a professional	29
<b>Knowledge   Reflective thinker</b>	<b>30</b>
Y7 Understanding your values	30
Y8 Learning what drives you	30
Y9 Building your self awareness	30
Y10 Defining success for you	30
Y11 Knowing your red lines	30
Y12 Ethical decision making	30
Y13 Reflecting on your decisions	30
<b>Attitudes   Ambitious dreamer</b>	<b>31</b>
Y7 Incredible humans	31
Y8 Dreaming big dreams	31
Y9 Developing a growth mindset	31
Y10 Developing your passions	31
Y11 Ideas to change the world	31
Y12 Believing in your goal	31
Y13 Designing your future	31

## Lessons

### **Attitudes - Go-getter 32**

Y7 Power of perseverance	32
Y8 From ordinary to extraordinary	32
Y9 Finding the courage within	32
Y10 Planning with purpose	32
Y11 The doorstep mile	32
Y12 The discipline of a champion	32
Y13 Facing your fears	32

### **Attitudes | Resilient survivor 33**

Y7 Overcoming the odds	33
Y8 Coping with adversity	33
Y9 Embracing failure	33
Y10 Adapting to change	33
Y11 Never giving up	33
Y12 The power of positivity	33
Y13 Survival guide for life	33

### **Relationships | Deal maker 34**

Y7 Anatomy of a deal	34
Y8 When everyone wins	34
Y9 Understanding what everyone wants	34
Y10 Getting to yes	34
Y11 Negotiation tactics	34
Y12 Getting in the room	34
Y13 Deal making like a professional	34

### **Relationships | Respectful operator 35**

Y7 Kindness is key	35
Y8 Gratitude and humility	35
Y9 Keeping your cool	35
Y10 Giving and earning respect	35
Y11 Building your emotional intelligence	35
Y12 Empathy for others	35
Y13 Respecting yourself	35

### **Relationships | Tribe builder 36**

Y7 Finding your tribe	36
Y8 Asking for help	36
Y9 Building trusted relationships	36
Y10 The importance of mentors	36
Y11 Having difficult conversations	36
Y12 Building your network	36
Y13 Winning friends and influencing people	36

## Assemblies

Recovering from mistakes	37
Why effort beats talent	37
Managing mental health	37
A winner's discipline	37
Managing conflict	37
The resilient survivor	37

Challenging orthodoxy	38
Law of marginal improvements	38
Choosing your attitude	38
The meaning of success	38
Learning for a lifetime	38

## Discussions

Success	39
Talent	39
Leaders	39
Champions	39
Teams	39
Knowledge	39
Reflection	40
Dreams	40
Passions	40
Mindset	40
Failure	40
Limits	40

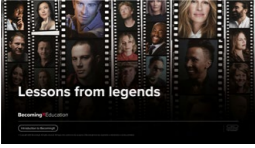
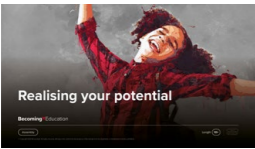
## Appendix

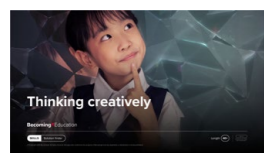
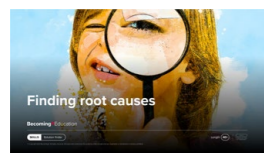
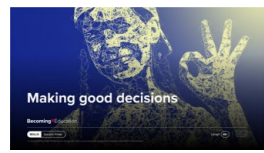

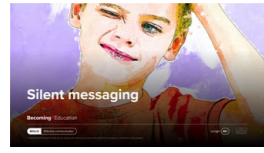
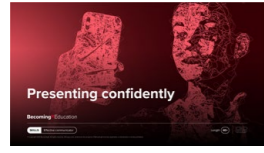
Interviewees	41
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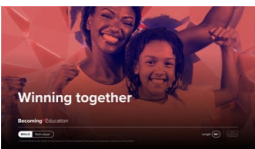

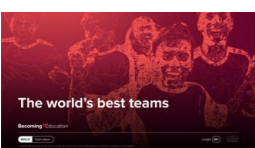
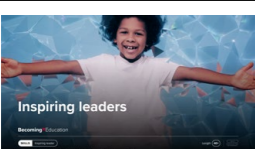
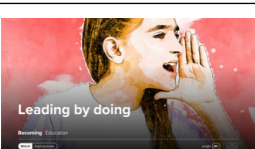
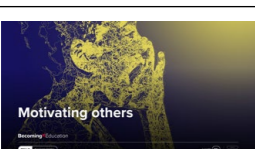
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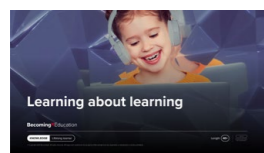
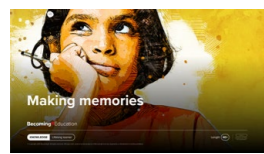
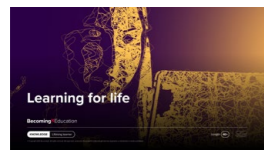
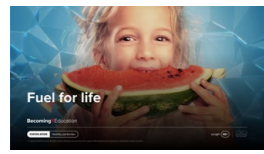
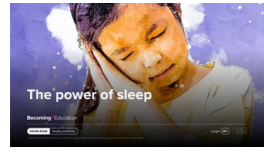
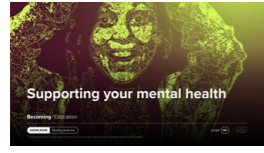
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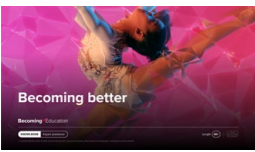
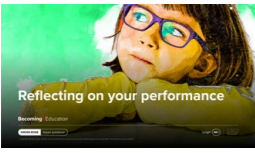

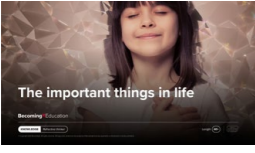
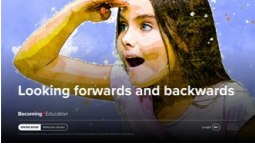
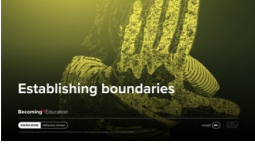


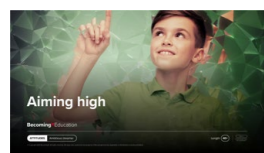
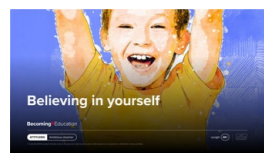

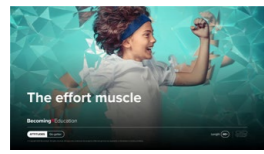

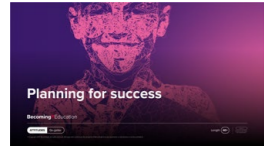
Cover	Year	Duration	Title / subject	Activity	Resources
	All	40+	<b>Lessons from Legends - Primary</b> Introducing BecomingX and how we can all achieve extraordinary things	<b>Your why</b> Students consider what they want to achieve and why this matters	<ul style="list-style-type: none"><li>▶ Lesson plan</li><li>▶ Activity handout</li></ul>
	All	10+	<b>Realising your potential</b>	N/A	<ul style="list-style-type: none"><li>▶ Assembly plan</li></ul>

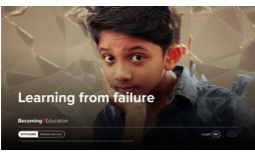
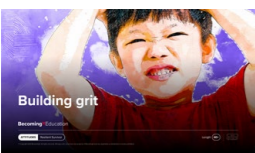

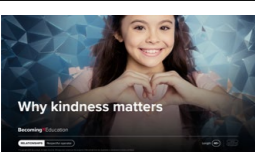
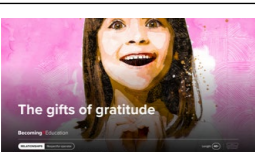
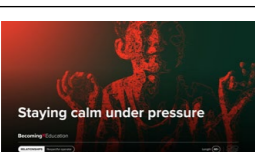
Cover	Year	Duration	Title / subject	Activity	Resources
<b>Skills   Solution finder</b>					
	4	40+	<b>Thinking creatively</b> Thinking creatively and coming up with potential solutions	<b>The world's best adventures</b> Students suggest adventures they can do at school or in their local areas	➔ Lesson plan
	5	40+	<b>Finding root causes</b> Exploring why problems exist and getting to the root causes	<b>The detectives</b> Students suggest root causes for various mysterious events	➔ Lesson plan
	6	40+	<b>Making good decisions</b> Evaluating options and making evidence-based decisions	<b>The new day</b> Students choose the best option for a new annual school day	➔ Lesson plan
<b>Skills   Effective communicator</b>					
	4	40+	<b>The importance of listening</b> Understanding why listening to others is so important	<b>Are you listening?</b> Students draw pictures following their partners instructions	➔ Lesson plan ➔ Activity handout ➔ Blank paper
	5	40+	<b>Silent messaging</b> Understanding nonverbal communication	<b>Mixed messages</b> Students analyse nonverbal communication shown in the Courteney Cox film	➔ Lesson plan ➔ Activity handout
	6	40+	<b>Presenting confidently</b> Learning how to speak to a group effectively	<b>It's impromptu</b> Students practice giving impromptu speeches in pairs	➔ Lesson plan

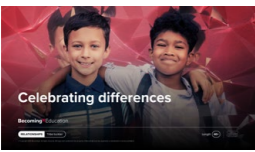

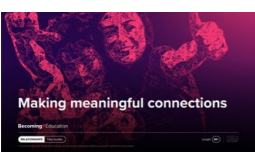
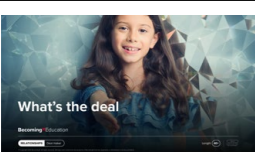
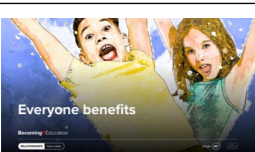
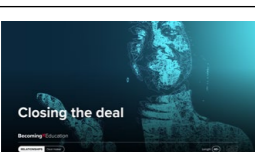
Cover	Year	Duration	Title / subject	Activity	Resources
<b>Skills   Team player</b>					
	4	40+	<b>Winning together</b> Exploring how working together makes teams stronger	<b>Taking flight</b> Students work in teams to make paper planes	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> <li>▶ Scrap paper</li> </ul>
	5	40+	<b>Harnessing strengths</b> Understanding personal strengths and how to combine them with others	<b>Strong stories</b> Students identify their strengths and create a personal character description	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> <li>▶ Blank paper</li> </ul>
	6	40+	<b>The world's best teams</b> Exploring how the best teams work together to win	<b>The world's best divers</b> Students help a struggling synchronised diving team to improve their team culture	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> </ul>
<b>Skills   Inspiring leader</b>					
	4	40+	<b>Inspiring leaders</b> Showcasing and explaining the characteristics of leaders	<b>Leading characters</b> Students create characters for a documentary on leadership	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> </ul>
	5	40+	<b>Leading by doing</b> Understanding how to lead by example	<b>The head student</b> Students decide how to lead by example as 'head student'	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> <li>▶ Activity handout</li> </ul>
	6	40+	<b>Motivating others</b> Learning how to motivate and inspire other people	<b>Motivating matters</b> Students motivate various characters and teams	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> </ul>

Cover	Year	Duration	Title / subject	Activity	Resources
<b>Knowledge   Lifelong learner</b>					
	4	40+	<b>Learning about learning</b> Exploring techniques to monitor learning (metacognition)	<b>Guided thinking</b> Students create a guide for thinking about learning	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> <li>▶ Activity handout</li> </ul>
	5	40+	<b>Making memories</b> Understanding how to retain and recall relevant information	<b>Memory savers</b> Students memorise fire safety information	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> <li>▶ Activity handout</li> </ul>
	6	40+	<b>Learning for life</b> Making continuous learning more effective	<b>Chasing truth</b> Students fact check various news statements	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> </ul>
<b>Knowledge   Healthy performer</b>					
	4	40+	<b>Fuel for life</b> Understanding nutrition and why healthy food is important	<b>Real food</b> Students help a new 'real food' store stock their shelves	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> </ul>
	5	40+	<b>The power of sleep</b> Encouraging good sleep habits	<b>Counting sheep</b> Students suggest smart products which can help people sleep better	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> </ul>
	6	40+	<b>Supporting your mental health</b> Understanding how to support your mental health	<b>Smart minds</b> Students design a smart watch to help with mental health	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> <li>▶ Activity handout</li> </ul>


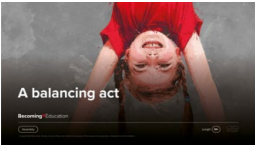
Cover	Year	Duration	Title / subject	Activity	Resources
<b>Knowledge   Expert practitioner</b>					
	4	40+	<b>Becoming better</b> Understanding how to improve performance and results	<b>Making magic</b> Students coach Dynamo and themselves to become better	➔ Lesson plan
	5	40+	<b>Reflecting on your performance</b> Measuring and improving performance	<b>The reflectors</b> Students use reflection to improve on various tasks	➔ Lesson plan
	6	40+	<b>Practice makes expert</b> Explaining 'deep practice' and how professionals improve	<b>Tennis tricks</b> Students study and memorise how Roger Federer practised	➔ Lesson plan ➔ Activity handout
<b>Knowledge   Reflective thinker</b>					
	4	40+	<b>The important things in life</b> Exploring personal values and what is important	<b>It matters to me</b> Students identify and reflect on their own values	➔ Lesson plan ➔ Activity handout
	5	40+	<b>Looking forwards and backwards</b> Reviewing and learning from decisions and actions	<b>Break time</b> Students advise others on how to self reflect	➔ Lesson plan
	6	40+	<b>Establishing boundaries</b> Exploring how to set personal limits on behaviour	<b>Practice what you preach</b> Students advise younger students on how to set boundaries	➔ Lesson plan

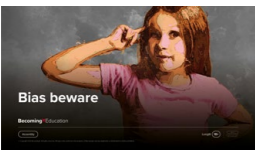
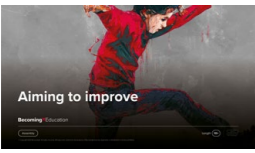
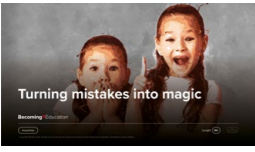
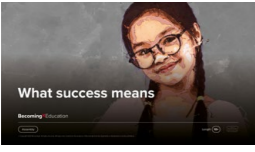
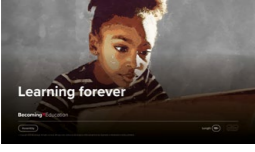
Cover	Year	Duration	Title / subject	Activity	Resources
<b>Attitudes   Ambitious dreamer</b>					
	4	40+	<b>Aiming high</b> Showcasing what people can achieve with ambition and hard work	<b>Raising the bar</b> Students create character plots for an aspirational picture book	➔ Lesson plan
	5	40+	<b>Believing in yourself</b> Developing self-belief and understanding the role of positive language	<b>Say it, believe it</b> Students advise others on how to have a growth mindset	➔ Lesson plan
	6	40+	<b>Creating ambitious dreams</b> Understanding the power of dreaming big	<b>Day dreaming</b> Students create lists of their own dreams	➔ Lesson plan ➔ Activity handout
<b>Attitudes   Go getter</b>					
	4	40+	<b>The effort muscle</b> Understanding the role of determination, effort and perseverance in achieving goals	<b>You can bear it!</b> Students advise a young Bear Grylls on the importance of effort	➔ Lesson plan
	5	40+	<b>Courage counts</b> Being courageous and doing things that we are nervous about	<b>The real deal</b> Students prepare to take part in various courageous activities	➔ Lesson plan ➔ Activity handout
	6	40+	<b>Planning for success</b> Creating practical plans to deliver long term goals	<b>Roger that</b> Students help an aspiring tennis player plan, and then create their own	➔ Lesson plan ➔ Activity handout



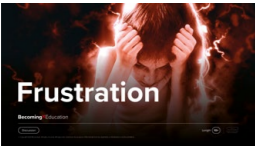
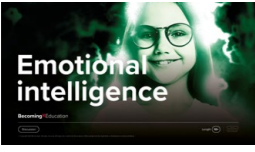

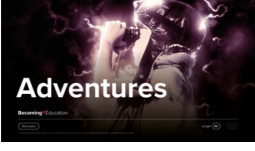
Cover	Year	Duration	Title / subject	Activity	Resources
<b>Attitudes   Resilient survivor</b>					
	4	40+	<b>Learning from failure</b> Understanding why failure is essential in learning	<b>Famous failures</b> Students turn a story of a famous failure into a play	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> <li>▶ Activity handout</li> </ul>
	5	40+	<b>Building grit</b> Keeping going when we encounter obstacles to our goals	<b>The Grit Games</b> Students create a card game explaining how people show grit	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> <li>▶ Activity handout</li> </ul>
	6	40+	<b>The positive self</b> Choosing positive responses to situations	<b>The race to positivity</b> Students help their rocket team overcome a challenge using reframing and positivity	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> </ul>
<b>Relationships   Respectful operator</b>					
	4	40+	<b>Why kindness matters</b> Understanding why kindness is so important	<b>The greatest game</b> Students design an online game celebrating kindness	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> </ul>
	5	40+	<b>The gifts of gratitude</b> Exploring the impact on self and others of showing gratitude	<b>Diary of a grateful kid</b> Students create personal gratitude journals	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> </ul>
	6	40+	<b>Staying calm under pressure</b> Understanding how to keep your composure under pressure	<b>Staying calm</b> Students create a guide to staying calm	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> <li>▶ Activity handout</li> </ul>

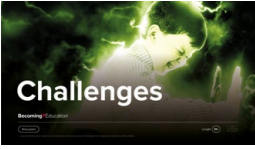
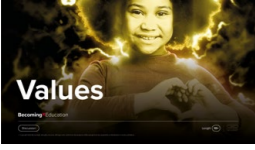
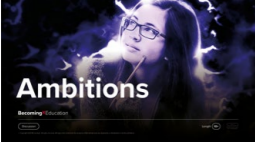
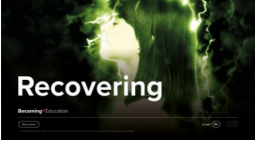

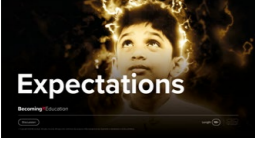
Cover	Year	Duration	Title / subject	Activity	Resources
<b>Relationships   Tribe builder</b>					
	4	40+	<b>Celebrating differences</b> Celebrating differences within groups of people	<b>Spot the difference</b> Students make a memory card game highlighting friends who are different	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> <li>▶ Activity handout</li> </ul>
	5	40+	<b>Friends for life</b> Building a close group of friends	<b>Make it stick</b> Students role play how to overcome friendship challenges	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> <li>▶ Activity handout</li> </ul>
	6	40+	<b>Making meaningful connections</b> Creating relationships and social connections	<b>Building bridges</b> Students develop a relationship with a local company, to support school projects	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> </ul>
<b>Relationships   Deal maker</b>					
	4	40+	<b>What's the deal</b> Making great deals every day	<b>Deal of the day</b> Students create everyday deals in pairs	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> <li>▶ Activity handout</li> </ul>
	5	40+	<b>Everyone benefits</b> Exploring how to get a win for all parties	<b>The film deal</b> Students create deals to make films together	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> <li>▶ Activity handout</li> </ul>
	6	40+	<b>Closing the deal</b> Understanding how to complete a deal positively	<b>Closing time</b> Students negotiate a deal for a games day at school	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> </ul>



Cover	Year	Duration	Title / subject	Description	Resources
	All	10+	<b>Learning from mistakes</b>	Learning from 'failure'	➔ Assembly plan
	All	10+	<b>Extraordinary effort</b>	Putting in the effort	➔ Assembly plan
	All	10+	<b>Mental health matters</b>	Helping yourself feel good	➔ Assembly plan
	All	10+	<b>A balancing act</b>	Balancing hard work and rest	➔ Assembly plan
	All	10+	<b>Overcoming conflict</b>	Managing conflict between friends	➔ Assembly plan
	All	10+	<b>Reflecting on challenges</b>	Reflecting on challenges and moving forward	➔ Assembly plan

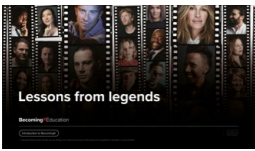
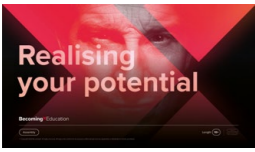
Cover	Year	Duration	Title / subject	Description	Resources
	All	10+	<b>Bias beware</b>	Embracing other perspectives	➔ Assembly plan
	All	10+	<b>Aiming to improve</b>	Making small improvements to performance	➔ Assembly plan
	All	10+	<b>Turning mistakes into magic</b>	Persevering with your goals	➔ Assembly plan
	All	10+	<b>What success means</b>	Thinking about what success really means	➔ Assembly plan
	All	10+	<b>Learning forever</b>	Choosing to learn outside of the classroom	➔ Assembly plan



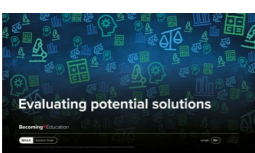
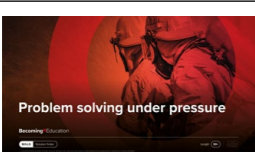

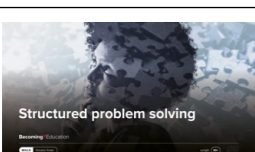
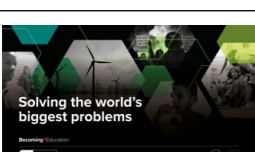
Cover	Year	Duration	Title / subject	Description	Resources
	All	10+	<b>Truth</b>	How can we be true to ourselves, and still 'fit in'?	➔ Discussion plan
	All	10+	<b>Worries</b>	How can we deal with worries?	➔ Discussion plan
	All	10+	<b>Frustration</b>	How can we deal with anger or frustration?	➔ Discussion plan
	All	10+	<b>Emotional Intelligence</b>	How can we try to understand others' behaviours?	➔ Discussion plan
	All	10+	<b>Courage</b>	How can we use courage every day?	➔ Discussion plan
	All	10+	<b>Adventures</b>	How can we make our own adventures?	➔ Discussion plan

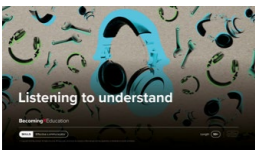

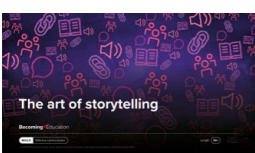
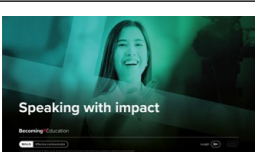

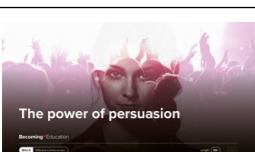
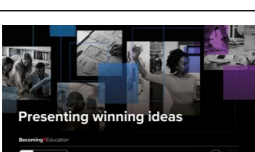
Cover	Year	Duration	Title / subject	Description	Resources
	All	10+	Challenges	What can we do about challenges that feel out of our control?	➔ Discussion plan
	All	10+	Values	How can we stand up for what we believe in?	➔ Discussion plan
	All	10+	Ambitions	How can we know what we want to do in the future?	➔ Discussion plan
	All	10+	Recovering	What can we do if we feel like we let someone down?	➔ Discussion plan
	All	10+	Diversity	Why do we have 'diversity' in life?	➔ Discussion plan
	All	10+	Expectations	How can we meet our expectations?	➔ Discussion plan

# Secondary



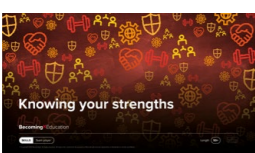
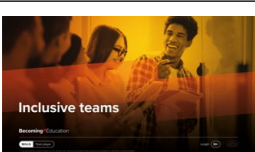

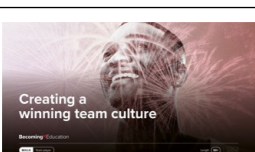
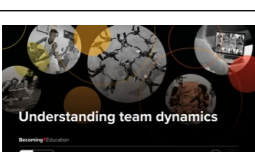
Year 7 - 13

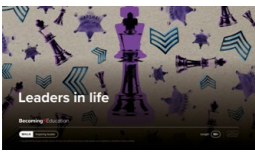
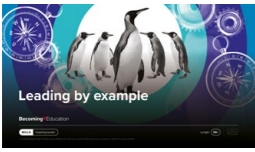
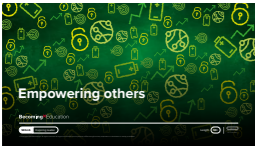
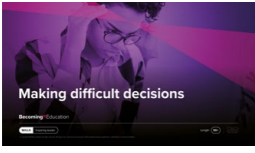
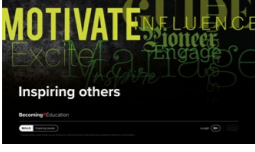
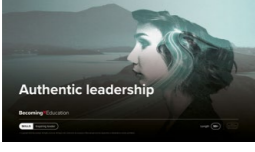

Cover	Year	Duration	Title / subject	Activity	Resources
	All	50+	<b>Lessons from legends</b> Introducing BecomingX and exploring how we can all achieve extraordinary things	<b>Your motivation</b> Students consider their goals and why they matter to them	▶ Lesson plan
	All	50+	<b>Realising your potential</b> Introducing BecomingX and providing an overview of what it takes to reach your potential	N/A	▶ Assembly plan

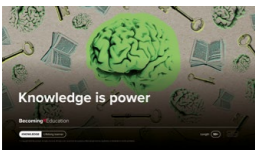

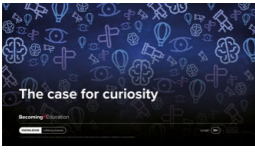
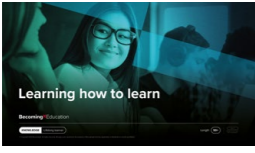


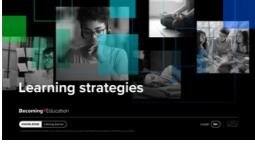
Cover	Year	Duration	Title / subject	Activity	Resources
	7	50+	<b>Creating winning ideas</b> Using creative thinking when problem-solving	<b>The world's fastest car</b> Students use thought showers and creativity strategies to improve a car design	▶ Lesson plan
	8	50+	<b>Understanding root causes</b> Improving problem-solving through root cause analysis	<b>Saving sharks</b> Students use root cause analysis to explore the problem of the declining shark population	▶ Lesson plan
	9	50+	<b>Evaluating potential solutions</b> Evaluating options and making evidence-based decisions	<b>The benefactor</b> Students evaluate proposals to spend a donation to their school	▶ Lesson plan
	10	50+	<b>Problem solving under pressure</b> Making better decisions in stressful situations	<b>Under pressure</b> Students practice solving problems using the Fire Service's Decision Control Process	▶ Lesson plan
	11	50+	<b>Design thinking and creativity</b> Designing, testing and improving solutions to problems	<b>The innovators</b> Students design a piece of wearable technology to help dementia patients, using design thinking	▶ Lesson plan
	12	50+	<b>Structured problem solving</b> Using structured problem solving techniques to better identify root causes and solutions	<b>Saving the day</b> Students create a funding plan using structured problem-solving techniques	▶ Lesson plan
	13	50+	<b>Solving the world's biggest problems</b> Using structured problem solving techniques to consider the UN Sustainable Development Goals	<b>Shipment Zero</b> Students develop ideas for a retailer's fulfillment team using structured problem-solving techniques	▶ Lesson plan

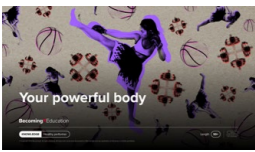

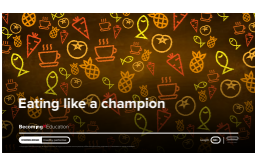
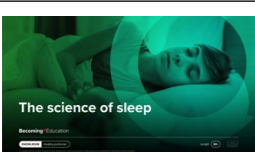
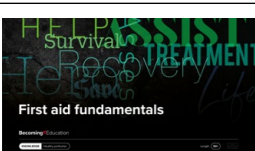
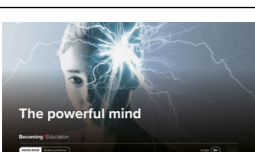
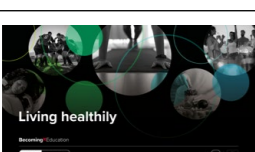
Cover	Year	Duration	Title / subject	Activity	Resources
<b>Skills   Effective communicator</b>					
	7	50+	<b>Listening to understand</b> Listening to understand others	<b>21 questions</b> Students play a game with a partner which tests their active listening and questioning skills	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> <li>▶ Activity handout</li> </ul>
	8	50+	<b>Communicating what counts</b> Structuring communications to focus on the main message	<b>Ground Control</b> Students practice communication of urgent messages from the International Space Station to Ground Control using the pyramid principle	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> </ul>
	9	50+	<b>The art of storytelling</b> Telling engaging stories to build empathy and curiosity	<b>The story of success</b> Students create a two minute story to win themselves a place on their dream expedition	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> </ul>
	10	50+	<b>Speaking with impact</b> Speaking to an audience effectively and overcoming anxiety associated with public speaking	<b>The news special</b> Students deliver a 1 minute speech for a live television event on living in the International Space Station	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> </ul>
	11	50+	<b>The sound of silence</b> Interpreting non-verbal communication	<b>The voice of emotion</b> Students compare their interpretations of emotion in written script, silent film, and voiced film	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> <li>▶ Activity handout</li> </ul>
	12	50+	<b>The power of persuasion</b> Being persuasive through communication techniques	<b>The magician's journey</b> Students practice persuasive techniques by creating a plan to gain supporters for a magician	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> </ul>
	13	50+	<b>Presenting winning ideas</b> Planning and delivering a compelling presentation	<b>The winning idea</b> Students develop a pitch to win investment for a new design of smartphone	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> </ul>

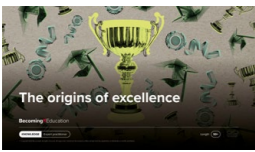

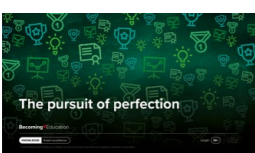
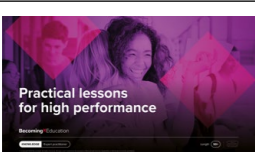

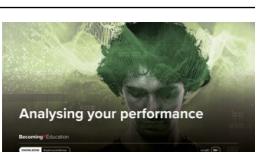
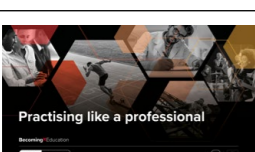


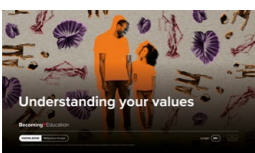
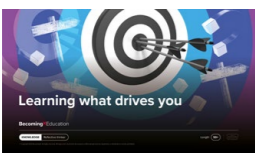
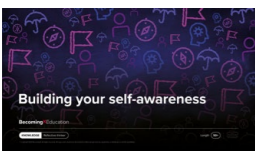
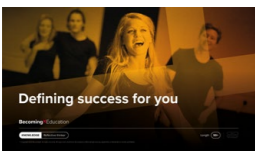
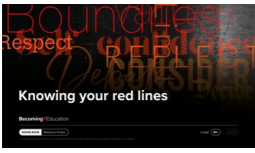


Cover	Year	Duration	Title / subject	Activity	Resources
<b>Skills   Team player</b>					
	7	50+	<b>Strength in numbers</b> Working as a team to have greater impact	<b>The team t-shirt</b> Students design a t-shirt to promote the importance of teamwork	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> <li>▶ Activity handout</li> </ul>
	8	50+	<b>Attributes of world class teams</b> Appreciating the characteristics of high performing teams	<b>The teamwork doctors</b> Students are called in to advise a struggling national football team	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> </ul>
	9	50+	<b>Knowing your strengths</b> Identifying personal strengths and recognising how to use them in teams	<b>A strong application</b> Students apply for their dream internship using their strengths	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> </ul>
	10	50+	<b>Inclusive teams</b> Improving team performance through diverse and inclusive thinking	<b>The Board</b> Students create a Technical Advisory Board for the FA	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> </ul>
	11	50+	<b>Teamwork in the extremes</b> Learning from teams working in extreme environments	<b>The plane crash</b> Students work together to survive a plane crash	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> <li>▶ Activity handout</li> </ul>
	12	50+	<b>Creating a winning team culture</b> Exploring how to create a culture of high performance	<b>The culture coaches</b> Students work with an Olympic hockey team to address issues with team culture	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> </ul>
	13	50+	<b>Understanding team dynamics</b> Exploring how high performing teams cooperate, communicate and coordinate	<b>The conflicting crew</b> Students are called into a major Hollywood studio to advise on team dynamics	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> <li>▶ Activity handout</li> </ul>

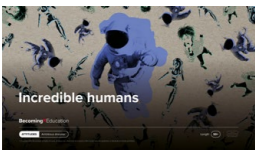
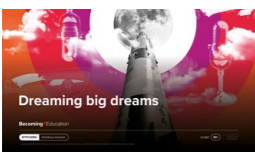
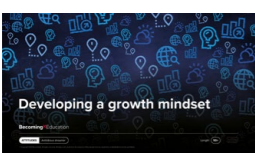
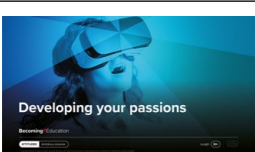
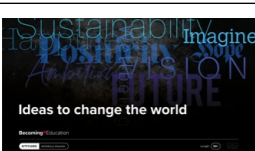
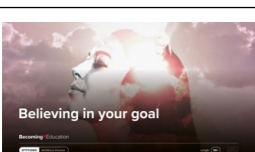
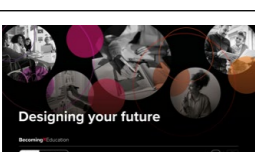
Cover	Year	Duration	Title / subject	Activity	Resources
	7	50+	<b>Leaders in life</b> Exploring the characteristics of effective leaders	<b>The leaders</b> Students are finalists in a documentary film pitching competition	▶ Lesson plan
	8	50+	<b>Leading by example</b> Becoming a caring leader who inspires trust	<b>The Mayor</b> Students act as the Mayor of a local town and have to lead by example	▶ Lesson plan ▶ Activity handout
	9	50+	<b>Empowering others</b> Giving others responsibility in a team	<b>Empowering adventures</b> Students train a group of adventure leaders in empowering others	▶ Lesson plan
	10	50+	<b>Making difficult decisions</b> Taking ownership and using strategies in decision-making	<b>The founders</b> Students make an investment decision for their social media platform	▶ Lesson plan
	11	50+	<b>Inspiring others</b> Motivating and inspiring others	<b>Inspiring others</b> Students coach a local junior school's football team	▶ Lesson plan
	12	50+	<b>Authentic leadership</b> Becoming an authentic, responsible and accountable leader	<b>The challenged CEO</b> Students have a difficult meeting with a group of investors	▶ Lesson plan
	13	50+	<b>Taking an untravelled path</b> Being courageous in leadership choices	<b>Forks in the road</b> Students make a decision in four real-world scenarios	▶ Lesson plan ▶ Activity handout


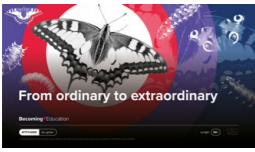
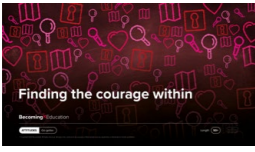
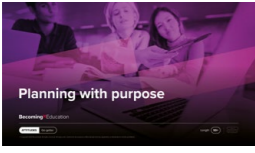

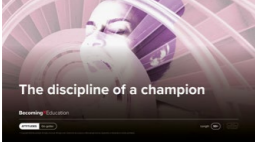
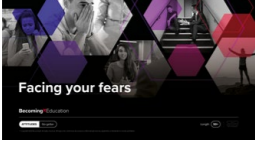
Cover	Year	Duration	Title / subject	Activity	Resources
	7	50+	<b>Knowledge is power</b> Appreciating the importance and benefits of knowledge	<b>News ready</b> Students decide what they need to know before reporting a story on an online news network	▶ Lesson plan
	8	50+	<b>Mastering memory</b> Learning how to retain and recall information	<b>The memory games</b> Students play three memory games in pairs	▶ Lesson plan ▶ Activity handout
	9	50+	<b>The case for curiosity</b> Developing curiosity to make learning more fun and increase opportunities	<b>Curious concepts</b> Students practice their questioning technique in a number of curious scenarios	▶ Lesson plan
	10	50+	<b>Learning how to learn</b> Using metacognitive approaches to learning	<b>The home tutor</b> Students create a tutoring plan using metacognitive principles	▶ Lesson plan
	11	50+	<b>Climbing the mountain</b> Breaking down challenges into achievable goals and creating actionable learning plans	<b>Revision 101</b> Students create a revision plan for a learning goal of their choice	▶ Lesson plan ▶ Activity handout
	12	50+	<b>Habits of effective learners</b> Encouraging habits which improve learning effectiveness	<b>The fact checkers</b> Students plan how to fact check news stories	▶ Lesson plan
	13	50+	<b>Learning strategies</b> Developing effective strategies to maximise learning	<b>Plan to learn</b> Students create a revision plan for one of their subjects, plus a set of flashcards for memorising learning strategies	▶ Lesson plan ▶ Activity handout

Cover	Year	Duration	Title / subject	Activity	Resources
<b>Knowledge   Healthy performer</b>					
	7	50+	<b>Your powerful body</b> Appreciating the importance of exercise and exploring the amazing capabilities of the human body	<b>The amazing human body quiz</b> Students take part in a quiz highlighting the amazing capabilities of the human body	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> <li>▶ Activity handout</li> <li>▶ Teacher resource</li> </ul>
	8	50+	<b>Managing your mental health</b> Taking care of students' mental health, including mindfulness	<b>Mind designs</b> Students design a new app to help teenagers manage their mental health	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> <li>▶ Activity handout</li> </ul>
	9	50+	<b>Eating like a champion</b> Making informed choices about diet and nutrition	<b>The food diary</b> Students create a food diary for a fictional character	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> <li>▶ Activity handout</li> </ul>
	10	50+	<b>The science of sleep</b> Appreciating the importance and benefits of sleep	<b>The sleep robot</b> Students design a robotic personal assistant to help people improve their sleep	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> </ul>
	11	50+	<b>First aid fundamentals</b> Understanding the importance of first aid and building the confidence to step in and help others	<b>Building confidence in first aid</b> Students debate a series of statements around first aid and then explore how to help someone with heavy bleeding	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> <li>▶ Activity handout</li> <li>▶ Teacher resource</li> </ul>
	12	50+	<b>The powerful mind</b> Exploring how to manage mental health, including ideas from Cognitive Behaviour Therapy and mindfulness	<b>The chatbot</b> Students design and test a chatbot to help young people with their mental health	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> <li>▶ Activity handout</li> </ul>
	13	50+	<b>Living healthily</b> Encouraging lifelong habits for a healthy, balanced lifestyle	<b>Health matters!</b> Students plan a series of short films to promote healthy habits	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> </ul>

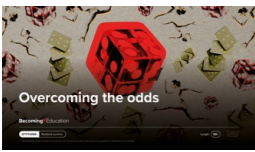
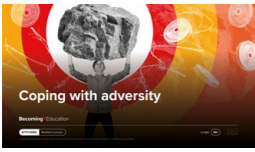
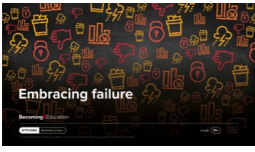
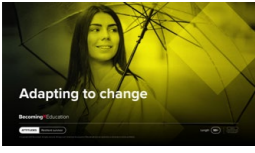

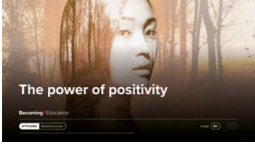

Cover	Year	Duration	Title / subject	Activity	Resources
<b>Knowledge   Expert practitioner</b>					
	7	50+	<b>The origins of excellence</b> Understanding how people become world class experts	<b>Destination: Mars</b> Students apply to be part of the first human community living on Mars by demonstrating their ability to build expertise	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> <li>▶ Activity handout</li> </ul>
	8	50+	<b>Timelines of success</b> Recognising the time and effort required to achieve mastery	<b>Your success timeline</b> Students create timelines for their goals	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> <li>▶ Activity handout</li> </ul>
	9	50+	<b>The pursuit of perfection</b> Focusing on continuous improvement rather than perfectionism	<b>Astronomical improvements</b> Students complete continuous improvement exercises as part of astronaut selection	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> </ul>
	10	50+	<b>Practical lessons for high performance</b> Developing prioritisation, time management and feedback skills	<b>The virtual coach</b> Students design a virtual assistant for their coaching website	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> </ul>
	11	50+	<b>The path to mastery</b> Using an end to end process for improving performance	<b>The mastery trainer</b> Students practice explaining the path to mastery and create their own	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> <li>▶ Activity handout</li> </ul>
	12	50+	<b>Analysing your performance</b> Measuring progress against goals, focusing on marginal gains and seeking feedback	<b>The analyser</b> Students advise celebrities on how to improve analysis of their performance	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> </ul>
	13	50+	<b>Practising like a professional</b> Using deliberate practice and the concept of marginal gains to improve performance	<b>The pep talk</b> Students plan pep talks, role playing as Kate Richardson-Walsh and Dr Woo	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> </ul>

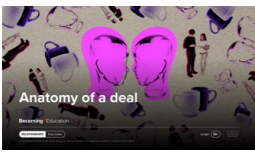
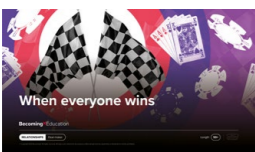
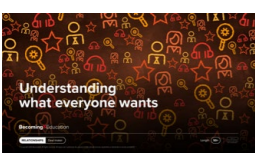
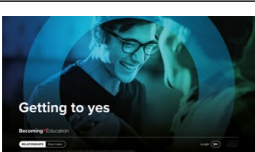
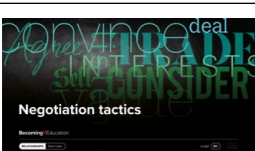
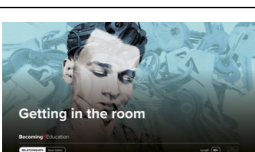
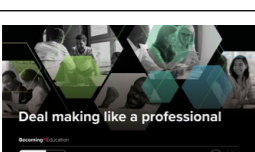
Cover	Year	Duration	Title / subject	Activity	Resources
<b>Knowledge   Reflective thinker</b>					
	7	50+	<b>Understanding your values</b> Reflecting on what is important and identifying personal values	<b>My values</b> Students identify their personal values	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> <li>▶ Activity handout</li> </ul>
	8	50+	<b>Learning what drives you</b> Understanding purpose and motivation	<b>The extraordinary week</b> Students plan an extraordinary activity that contributes to their purpose	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> </ul>
	9	50+	<b>Building your self awareness</b> Developing greater self-awareness through reflection	<b>The character</b> Students help an author to create characters for their novel	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> </ul>
	10	50+	<b>Defining success for you</b> Exploring what is important in life and creating personal definitions of success	<b>Camp awesome</b> Students plan a video application for a summer camp	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> </ul>
	11	50+	<b>Knowing your red lines</b> Defining individuals' boundaries and maintaining values under pressure	<b>Drawing the line</b> Students mentor teens on setting appropriate boundaries	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> </ul>
	12	50+	<b>Ethical decision making</b> Understanding how to make decisions consistent with ethics and personal values	<b>Ethical dilemmas</b> Students consider two scenarios where they need to make an ethical decision	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> </ul>
	13	50+	<b>Reflecting on your decisions</b> Developing the ability to be self-reflective and critical of decisions and actions	<b>Decision drop-in</b> Students help teenagers to reflect on their decisions	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> </ul>

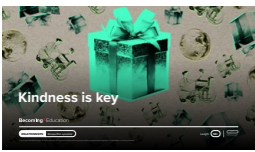

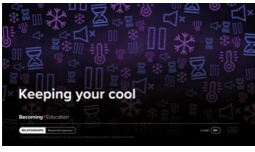

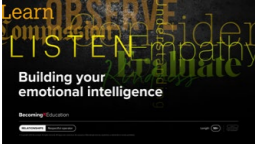
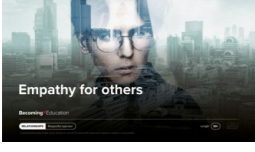
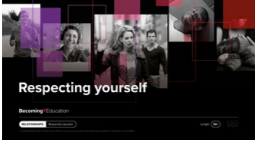
Cover	Year	Duration	Title / subject	Activity	Resources
<b>Attitudes   Ambitious dreamer</b>					
	7	50+	<b>Incredible humans</b> Having the ambition to achieve incredible things	<b>The time capsule</b> Students imagine the contents of a time capsule which captures humanity's greatest achievements	▶ Lesson plan
	8	50+	<b>Dreaming big dreams</b> Dreaming big and setting ambitious goals	<b>Bucket lists</b> Students create a 'bucket list' of goals they would like to achieve	▶ Lesson plan ▶ Activity handout
	9	50+	<b>Developing a growth mindset</b> Developing a growth mindset by building self-belief and learning from challenges	<b>The coach</b> Students practice what they would say to encourage others to use a growth mindset	▶ Lesson plan
	10	50+	<b>Developing your passions</b> Determining what really matters to students	<b>The YouTuber</b> Students plan out a channel on YouTube to showcase their interests	▶ Lesson plan
	11	50+	<b>Ideas to change the world</b> Generating ideas to help other people	<b>#iwill</b> Students support the #iwill movement to influence change in the world	▶ Lesson plan ▶ Activity handout
	12	50+	<b>Believing in your goal</b> Managing 'dream stealers' and learning how to stick to goals, despite challenges	<b>The dream stealers</b> Students challenge a teenager's 'dream stealers'	▶ Lesson plan
	13	50+	<b>Designing your future</b> Developing personal goals and ambitions	<b>The life story</b> Students compare profiles of school leavers to their future 'life story'	▶ Lesson plan ▶ Activity handout

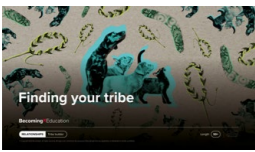
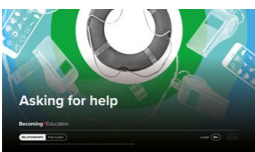
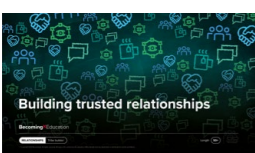
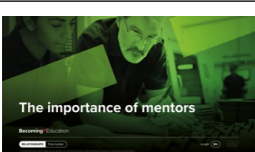
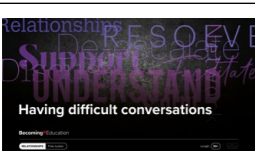
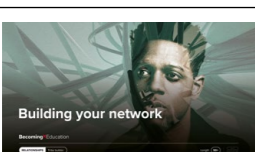
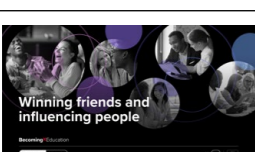
Cover	Year	Duration	Title / subject	Activity	Resources
<b>Attitudes   Go-getter</b>					
	7	50+	<b>Power of perseverance</b> Employing determination, effort and perseverance to achieve goals	<b>The video message</b> Students prepare a video message to encourage Sarah Outen to persevere on her expedition	▶ Lesson plan
	8	50+	<b>From ordinary to extraordinary</b> Working hard, doing 'extra' and marginal gains	<b>The cycling philosophy</b> Students propose small improvements for a cycling team to boost performance	▶ Lesson plan ▶ Activity handout
	9	50+	<b>Finding the courage within</b> Being courageous and overcoming anxiety	<b>The documentary</b> Students pitch subjects for a documentary about courage	▶ Lesson plan ▶ Activity handout
	10	50+	<b>Planning with purpose</b> Creating a practical plan to deliver long term goals	<b>The plan</b> Students create a plan to cycle around the world	▶ Lesson plan
	11	50+	<b>The doorstep mile</b> Transforming the daunting into the possible	<b>Your doorstep mile</b> Students create doorstep miles for climbing Everest and their own challenge	▶ Lesson plan
	12	50+	<b>The discipline of a champion</b> Developing the discipline to keep on going, even when lacking motivation	<b>Diary of a champion</b> Students create a plan to learn a new skill	▶ Lesson plan
	13	50+	<b>Facing your fears</b> Understanding and overcoming fear	<b>Facing your fears</b> Students explore ways to overcome fear for divers and shark scientists	▶ Lesson plan

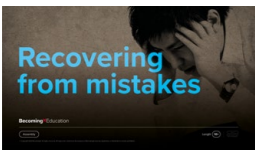


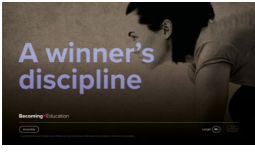
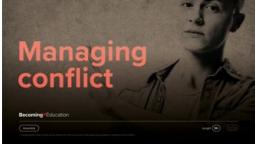

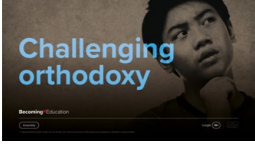



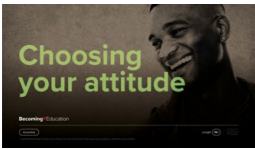
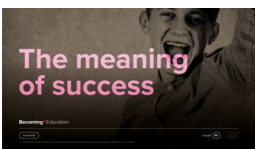
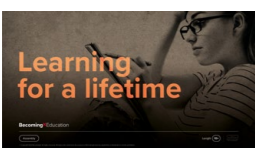
Cover	Year	Duration	Title / subject	Activity	Resources
<b>Attitudes   Resilient survivor</b>					
	7	50+	<b>Overcoming the odds</b> Demonstrating endurance and success	<b>Resilience Champs</b> Students design and play a new card game celebrating resilience	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> <li>▶ Activity handout</li> </ul>
	8	50+	<b>Coping with adversity</b> Managing stress and pressure	<b>The compère</b> Students write introductions for award winning role models	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> <li>▶ Activity handout</li> </ul>
	9	50+	<b>Embracing failure</b> Appreciating failure as a key part of the learning process	<b>The press release</b> Students write a press release for Sarah Outen's expedition	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> </ul>
	10	50+	<b>Adapting to change</b> Seeing change as a positive and being flexible under pressure	<b>The pandemic</b> Students interview each other on how they adapted to the pandemic in 2020	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> </ul>
	11	50+	<b>Never giving up</b> Building grit and believing in the goal	<b>The wild card</b> Students act as judges for an awards show about never giving up	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> </ul>
	12	50+	<b>The power of positivity</b> Confidently responding to situations	<b>The mountaineers</b> Students role play how to stay positive in a dangerous situation	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> </ul>
	13	50+	<b>Survival guide for life</b> Having an attitude of survival	<b>The survivors</b> Students join Bear Grylls on a team challenge to survive	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> </ul>



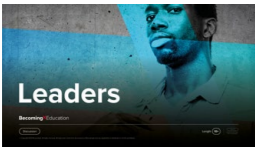
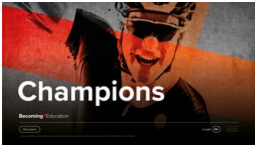
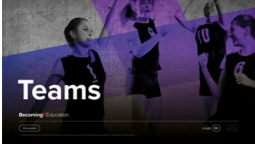
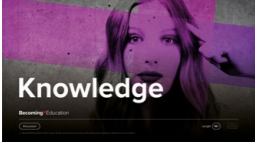

Cover	Year	Duration	Title / subject	Activity	Resources
<b>Relationships   Deal maker</b>					
	7	50+	<b>Anatomy of a deal</b> Recognising how we negotiate everyday and understanding what a deal is made of	<b>Daily deals</b> Students practice making deals in everyday situations	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> <li>▶ Activity handout</li> </ul>
	8	50+	<b>When everyone wins</b> Ensuring deals are mutually beneficial	<b>A win-win situation</b> Students negotiate a deal for two social media influencers	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> <li>▶ Activity handout</li> </ul>
	9	50+	<b>Understanding what everyone wants</b> Considering the goals and emotions of others in deal-making	<b>The prisoner's dilemma</b> Students explore the prisoner's dilemma and apply it to a school scenario	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> </ul>
	10	50+	<b>Getting to yes</b> Using preparation to increase success in negotiations	<b>Getting your yes</b> Students negotiate with a partner on how to spend a school budget	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> </ul>
	11	50+	<b>Negotiation tactics</b> Building everyday negotiation skills	<b>Sharpening your tactics</b> Students negotiate to reduce shark finning	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> <li>▶ Activity handout</li> </ul>
	12	50+	<b>Getting in the room</b> Initiating the deal-making process	<b>Opening the door</b> Students create 'door-opening' emails for new connections	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> <li>▶ Activity handout</li> </ul>
	13	50+	<b>Deal making like a professional</b> Understanding how to prepare and negotiate deals using professional tactics	<b>Professional practice</b> Students role play a variety of deal making scenarios	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> <li>▶ Activity handout</li> </ul>

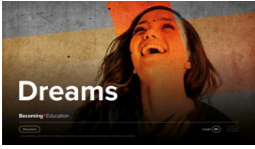
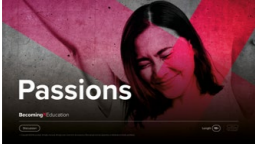
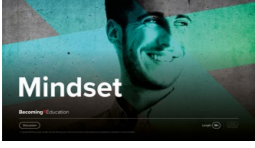


Cover	Year	Duration	Title / subject	Activity	Resources
<b>Relationships   Respectful operator</b>					
	7	50+	<b>Kindness is key</b> Appreciating the importance and benefits of kindness	<b>Kind acts, kind apps</b> Students design an app to promote everyday kindness	▶ Lesson plan
	8	50+	<b>Gratitude and humility</b> Understanding the positive impacts of being grateful and humble	<b>The gratitude diary</b> Students design a gratitude diary	▶ Lesson plan
	9	50+	<b>Keeping your cool</b> Coping with immediate and drawn out pressure	<b>Under pressure</b> Students act as coaches advising clients on how to deal with pressure	▶ Lesson plan
	10	50+	<b>Giving and earning respect</b> Demonstrating respect for others and behaving in ways which earn respect	<b>The press conference</b> Students take part in a controversial journalist interview	▶ Lesson plan
	11	50+	<b>Building your emotional intelligence</b> Becoming more self-aware and having consideration of others' emotions	<b>The EQ trainer</b> Students advise elite performers on how to leverage emotional intelligence	▶ Lesson plan
	12	50+	<b>Empathy for others</b> Appreciating the importance of empathy and how to consider the perspective of others	<b>Empathy edits</b> Students plan a short film to exhibit the power of empathy	▶ Lesson plan
	13	50+	<b>Respecting yourself</b> Building self-respect and understanding how to be kind to yourself	<b>The respect challenge</b> Students design a film challenge based on self-respect	▶ Lesson plan

Cover	Year	Duration	Title / subject	Activity	Resources
<b>Relationships   Tribe builder</b>					
	7	50+	<b>Finding your tribe</b> Building a close group of friends based on shared hobbies, values and interests	<b>Find-my-friend</b> Students create a memory game which celebrates friendship	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> <li>▶ Activity handout</li> </ul>
	8	50+	<b>Asking for help</b> Appreciating that we all need to ask for help and how support can be beneficial	<b>Happy to help</b> Students ask for and offer each other help to find their matching characters	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> <li>▶ Activity handout</li> </ul>
	9	50+	<b>Building trusted relationships</b> Exploring how to build trust in relationships using the trust equation	<b>Do you trust me?</b> Students practice using the trust equation to solve a scenario	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> <li>▶ Activity handout</li> </ul>
	10	50+	<b>The importance of mentors</b> Understanding how to find a mentor and the importance of giving and receiving feedback	<b>Mentor match</b> Students plan how to find a mentor for a range of characters	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> <li>▶ Activity handout</li> </ul>
	11	50+	<b>Having difficult conversations</b> Turning difficult conversations into learning conversations	<b>Talk it out</b> Students role play difficult conversations	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> <li>▶ Activity handout</li> </ul>
	12	50+	<b>Building your network</b> Building and sustaining a support network	<b>Grow your network</b> Students create a personal networking plan to help meet future goals	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> <li>▶ Activity handout</li> </ul>
	13	50+	<b>Winning friends and influencing people</b> Developing trust-based friendships and being memorable	<b>The win</b> Students practice negotiating a difficult issue	<ul style="list-style-type: none"> <li>▶ Lesson plan</li> </ul>

Cover	Year	Duration	Title / subject	Description	Resources
	All	10+	<b>Recovering from mistakes</b>	Accepting mistakes and finding the motivation to move forward	▶ Assembly plan
	All	10+	<b>Why effort beats talent</b>	Knowing the importance of effort and why hard work trumps 'natural talent'	▶ Assembly plan
	All	10+	<b>Managing mental health</b>	Understanding that we all face mental health challenges and ways to look after ourselves	▶ Assembly plan
	All	10+	<b>A winner's discipline</b>	Staying focused and putting in the effort, even when we don't feel like it	▶ Assembly plan
	All	10+	<b>Managing conflict</b>	Handling conflict and achieving positive results	▶ Assembly plan
	All	10+	<b>The resilient survivor</b>	Facing challenging times with a positive attitude	▶ Assembly plan
	All	10+	<b>Challenging orthodoxy</b>	Challenging our assumptions	▶ Assembly plan

Cover	Year	Duration	Title / subject	Description	Resources
	All	10+	<b>Law of marginal improvements</b>	Making small improvements to improve outcomes	▶ Assembly plan
	All	10+	<b>Choosing your attitude</b>	Choosing positive responses to challenging situations	▶ Assembly plan
	All	10+	<b>The meaning of success</b>	Understanding that success involves pursuing goals that matter to you	▶ Assembly plan
	All	10+	<b>Learning for a lifetime</b>	Embracing learning opportunities and the importance of knowledge	▶ Assembly plan

Cover	Year	Duration	Title / subject	Description	Resources
	All	10+	<b>Success</b>	Discussion of what it really takes to succeed	▶ Discussion plan
	All	10+	<b>Talent</b>	Discussion of the concept of talent and whether effort is really the key	▶ Discussion plan
	All	10+	<b>Leaders</b>	Discussion of how to be an inspiring leader	▶ Discussion plan
	All	10+	<b>Champions</b>	Discussion of the discipline involved in being a world champion	▶ Discussion plan
	All	10+	<b>Teams</b>	Discussion of how to create a winning team culture	▶ Discussion plan
	All	10+	<b>Knowledge</b>	Discussion of the value of knowledge in the information age	▶ Discussion plan
	All	10+	<b>Reflection</b>	Discussion of how to reflect on actions and learn for the future	▶ Discussion plan






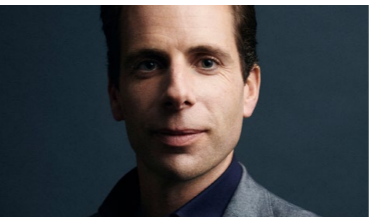






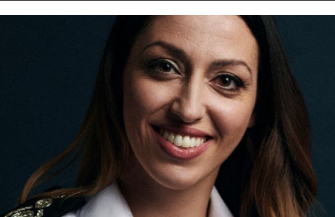

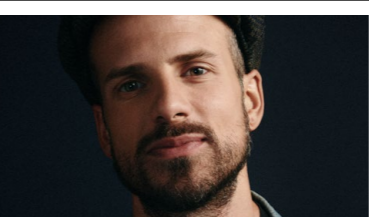
Cover	Year	Duration	Title / subject	Description	Resources
	All	10+	<b>Dreams</b>	Discussion of why many people never realise their dreams	▶ Discussion plan
	All	10+	<b>Passions</b>	Discussion of how to identify and develop a passion	▶ Discussion plan
	All	10+	<b>Mindset</b>	Discussion of why mindset and attitudes are important	▶ Discussion plan
	All	10+	<b>Failure</b>	Discussion of the role of failure in learning	▶ Discussion plan
	All	10+	<b>Limits</b>	Discussion of personal limits, boundaries and potential	▶ Discussion plan













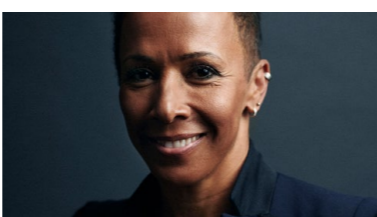



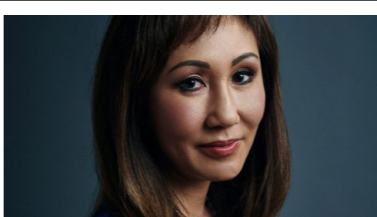
# Appendix

BecomingX interviewees





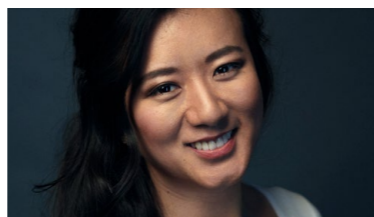

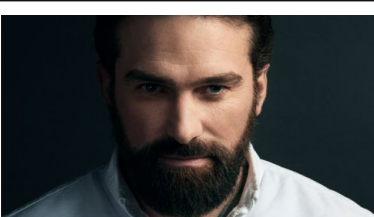


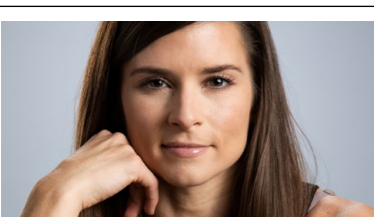

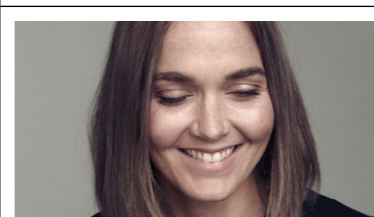
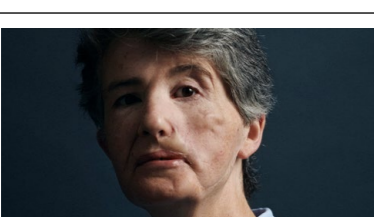
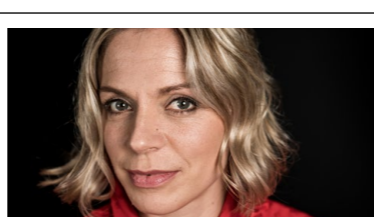

# Interviewees

	<p><b>Baroness Valerie Amos</b> Became the most senior black woman in the UK government and leader of the House of Lords</p>		<p><b>Frances Arnold</b> Became a Professor of chemical engineering and a Nobel Laurette winner</p>		<p><b>Steve Backshall</b> Became a BAFTA award winning naturalist, adventurer and TV presenter</p>
	<p><b>Elisabet Barnes</b> Became a two time winner of the toughest footrace on earth</p>		<p><b>Gavin Bate</b> Became one of the world's most accomplished mountaineers</p>		<p><b>Mark Beaumont</b> Became a two-time world record holder for cycling around the world</p>
	<p><b>Professor Sue Black</b> Became a leading technologist, academic and award-winning campaigner</p>		<p><b>Ian Bremmer</b> Became the world's most prominent political scientist</p>		<p><b>James Brett</b> Became the CEO of a social enterprise after being homeless and in prison</p>
	<p><b>Ursula Burns</b> Became the first black female CEO of a Fortune 500 company</p>		<p><b>Tim Campbell</b> Became the first winner of The Apprentice</p>		<p><b>Farooq Chaudhry</b> Became an award-winning international dancer and producer after growing up in care</p>
	<p><b>Sabrina Cohen-Hatton</b> Became the UK's most senior firefighter after living on the streets as a teenager</p>		<p><b>Rory Coleman</b> Became a world record holding ultra-marathon runner after being an overweight alcoholic</p>		<p><b>Joshua Coombes</b> Became the founder of the #DoSomethingForNothing campaign</p>










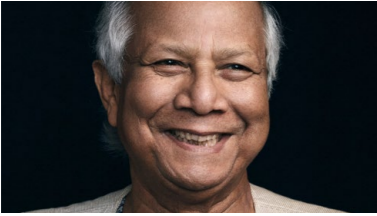

# Interviewees

	<p><b>Courteney Cox</b> Became one of TV's biggest stars</p>		<p><b>Roger Federer</b> Became one of the greatest tennis players of all time</p>		<p><b>Dwayne Fields</b> Became a polar adventurer and Scouts Ambassador</p>
	<p><b>Sir Ranulph Fiennes</b> Became the world's greatest living explorer</p>		<p><b>Steven Frayne</b> Became 'the undisputed king of magic'</p>		<p><b>Helen Glover</b> Became a double Olympic gold medallist rower</p>
	<p><b>Bear Grylls</b> Became the world's most famous adventurer</p>		<p><b>Charles Guenigault</b> Became a winner of the George medal after facing down terrorists unarmed</p>		<p><b>Sir David Hempleman Adams</b> Became the first person to complete the 'adventures grand slam'</p>
	<p><b>Maddie Hinch</b> Became 'the best hockey goalkeeper in the world' and an Olympic gold medallist</p>		<p><b>Dame Kelly Holmes</b> Became a double Olympic gold medallist</p>		<p><b>Alastair Humphreys</b> Became the National Geographic Adventurer of the year and the pioneer of 'microadventuring'</p>
	<p><b>Patrick Hutchinson</b> Became an icon for bravery and anti-racism</p>		<p><b>Kenny Imafidon</b> Became an award winning student after going to jail for murder</p>		<p><b>Sabrina Kay</b> Became a successful entrepreneur and philanthropist</p>

# Interviewees

	<p><b>Lt. Colonel Chris Keeble</b> Became a famous military leader and led battle of Goose Green</p>		<p><b>F. W. de Klerk</b> Became the South African President and a Nobel peace prize winner</p>		<p><b>Wladimir Klitschko</b> Became the longest reigning heavyweight champion of all time</p>
	<p><b>Bob Langer</b> Became a pioneering bioengineer and winner of the Queen Elizabeth Prize for Engineering</p>		<p><b>Nanxi Liu</b> Became the CEO of two companies, a concert pianist and an EMMY award-winning producer</p>		<p><b>Andy McNab</b> Became a top special forces soldier and best selling author</p>
	<p><b>Ant Middleton</b> Became the UK's best known special forces soldier, TV star and author</p>		<p><b>Mark Ormrod</b> Became a four-times Invictus gold medallist after losing three limbs in Afghanistan</p>		<p><b>Sarah Outen</b> Became a record breaking adventurer and solo powered around the world</p>
	<p><b>Danica Patrick</b> Became the world's most successful female racing car driver</p>		<p><b>Tim Peake</b> Became the UK's most famous astronaut</p>		<p><b>Victoria Pendleton</b> Became a double Olympic gold medallist cyclist</p>
	<p><b>Lottie Pollak</b> Became head of research at a global company, after being shot in the face three times</p>		<p><b>Kate Richardson-Walsh</b> Became the England Hockey captain and an Olympic gold medallist</p>		<p><b>Helen Richardson-Walsh</b> Became England Hockey vice-captain and an Olympic gold medallist</p>

# Interviewees

	<p><b>Julia Roberts</b> Became an Oscar winning actor and film icon</p>		<p><b>Dame Stephanie Shirley</b> Became a groundbreaking technology entrepreneur and philanthropist</p>		<p><b>Ellie Simmonds</b> Became a five time Paralympic champion swimmer</p>
	<p><b>Gareth Southgate</b> Became an England football player and later the manager</p>		<p><b>Channing Tatum</b> Became a Hollywood star after growing up with ADD and dyslexia</p>		<p><b>Max Thorpe</b> Became a world record holding Atlantic rower</p>
	<p><b>Nigel Vardy</b> Became a record breaking mountaineer after losing all his fingers and toes from frostbite</p>		<p><b>Chrissie Wellington</b> Became the four time Ironman world champion and world record holder</p>		<p><b>Dr. Woo</b> Became one of the best tattoo artists in the world</p>
	<p><b>Professor Muhammad Yunus</b> Became a Nobel peace prize winner</p>		<p><b>Andrea Zafirakou</b> Became the world's best teacher</p>		